

Abstract

A leg exerciser is provided allowing exercise while the user is seated or
5 stationary. The leg exerciser includes a base member having at least one longitudinally
extending track configured to accommodate a foot pad having a plurality of gliders
and/or rollers coupled to the bottom of the foot pad and providing a sufficient coefficient
of friction to allow the foot pad to smoothly slide within the track. Various alternative
configurations provide foldable construction for ease of travel, mounting devices for
10 securing the leg exerciser to a seat, non-removable foot pads and various configurations
to provide for variations in travel and/or effort required for movement of the foot pad.